

REAL EMPLOYEE STRENGTH

June 2011

Strength Through Health

Strengthen Your Sun Protection Factors

The Centers for Disease Control recommends 5 easy options for sun protection:

- Seek shade, especially during midday hours.
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection. Be sure to read product labels. Remember to protect your skin year-round.



Take Home Message

Just a few serious sunburns can increase someone's risk of skin cancer later in life. You or your kids don't have to be at the pool, beach, or on vacation to get too much sun. Your skin needs protection from the sun's harmful ultraviolet (UV) rays whenever you're outdoors.

\$trengthen Your Health \$avings

Skin cancer is treatable if it's caught early. Every month, check for spots on your skin that may change in size, shape or color over a period of 1 month-2 years. Check with your doctor if you find changes.

